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Rebels surrender air-crash bodies

International outcry intensifies for return of bodies to their home countries **PAGE 6**

D in doubt for Blue and Gold

The Bombers could be missing a couple of key players when they visit the Lions on Friday **PAGE 13**

POP! PARODY GO THE CHARTS

'WEIRD AL' YANKOVIC ON HIS NEW ALBUM AND NETTING HIS FIRST-EVER BILLBOARD NO. 1 DEBUT **PAGE 9**

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Colin Craig of the Canadian Taxpayers Federation congratulated the Manitoba government for raising the rents on tenants who make a lot of money and live in social housing. BERNICE PONTANILLA/METRO

Boot big earners from Affordable Housing: CTF

Social housing.

Taxpayers federation 'pleased' that province raised rents for some tenants, but says further action needed



BERNICE PONTANILLA
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Buoyed by the response of the Manitoba government, the Canadian Taxpayers Federation is now calling for a change in legislation that would boot high-income earners out of social housing.

Colin Craig, prairie director of the Canadian Taxpayers Federation, said nearly a year after they "blew the whistle," the provincial government has acted, raising the rates for

high-income earners.

"We're pleased that the (provincial) government looked at the matter and they've actually concluded that there were over 60 households that were paying less in rent than what they should have been," said Craig during a press conference Monday at the Manitoba legislature.

"The government calculates that by raising the rates on those households that they'll actually see an increase in revenue between \$100,000 and \$320,000 a year, so it's a good thing. I'm pleased that the government took the concern seriously."

Last September, Craig said that through FIPPA requests, he found 148 tenants that earned more than \$50,000 a year, including two tenants who made \$153,648 and \$137,340.

A December report to the

Manitoba Housing board of directors found that "there are 63 tenants whose income exceed the income limits for the Affordable Housing Rental Program," including one tenant who earned \$153,000 and paid only \$370 a month in rent.

However, Craig said the Manitoba government shouldn't stop here, adding the next step is updating the Residential Tenancies Act to allow the government to force these high-income earners out, which provincial authorities maintain they cannot do.

A Manitoba government spokesperson said they're "always looking for ways to ensure our commitments in quality public housing support those who need it the most and appreciate any input that helps us meet that goal."



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Community Homeless Assistance Team outreach coordinator Kristy Rebenchuk stands next to the program's new car, which comes as part of a \$152,000 initiative announced Monday. SHANE GIBSON/METRO

Homeless program made permanent

Outreach. Community partners rally to fund successful pilot project



SHANE GIBSON
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After operating as a pilot program for the last year — and helping 32 homeless Winnipeggers find housing — the Community Homeless Assistance Team (CHAT) will now be a permanent fixture downtown, thanks to funding announced Monday.

Private and public donors are donating \$152,000, and the Downtown Winnipeg Business Improvement Zone (BIZ) initiative is setting up an office and increasing the num-

Set goals

"Ultimately we want to connect people to permanent housing."

CHAT outreach coordinator Kristy Rebenchuk

ber of outreach workers from one to three.

"With more workers we'll be able to cover more of the Downtown Winnipeg BIZ territory, and there's a lot of need in that territory," said CHAT outreach coordinator Kristy Rebenchuk.

"CHAT is unique in that we're the ones that are on the street ... on the front lines essentially bringing the office to people."

By taking time to get to

know members of Winnipeg's homeless population, CHAT members are able to assess what needs people have and help them get to the service providers that can meet those needs, said Rebenchuk, adding that the donation of a new car to the program will help outreach workers make those connections quickly.

"Ultimately we want to connect people to permanent housing," she explained. "But the path to that is different for everyone. If it's different supports that they need prior to getting permanent housing then we fulfill that with them."

Downtown BIZ executive director Stefano Grande said he hopes to see CHAT eventually staffed with eight outreach workers.

At Fringe. Unicorns, red wine and punning titles

Metro Winnipeg and the CBC have partnered to bring you the best of the Winnipeg Fringe Festival. Here are three shows you should check out:

Red Wine, French Toast, and the Best Sex You've Ever Had

This dance and physical theatre show may not offer everything the title promises. But it does offer plenty of cheeky laughs, some dazzling physical performances, and, yes, an extended fart joke.

A series of mostly wordless vignettes — with the occasional monologue from Salvador Dali — performed by a talented sextet explore themes of desire and relationships.

There's an irreverent approach to both form and subject here. If you worry that dance theatre takes itself too seriously, that you won't "get it," or that it can't make you laugh, this is the show for you. It's funny, it's sassy, and it's also impressive physical work.

JOFF SCHMIDT

Caws & Effect

This is a gorgeous and wondrous work of art. Through overhead projections, a lovely layered soundtrack, masks and movement, the audience is immersed in a fable of two birds.

If you remember overhead projection from math class as I do, you may think of it as a static tool for presenting equations. In the hands of Vancouver's Chloé Ziner and Jessica Gabriel it's everything but. The projector is a magical tool for bringing their story to life. They're ingenious at using it to stunning cinematic effect. Through delicate manipulations they make birds soar, fish swim, eggs crack. They seamlessly transition from

one scene to the next, moving across panoramic landscapes, and zooming in on the tiniest detail. The 45-minute show is dense with wow moments.

For all its artistry there's not a speck of pretension here. The pathos is leavened with humour in the form of animal puns. And as a bonus, it's suitable for young Fringers.

IRIS YUDAI

Magic Unicorn Island

Jayson McDonald has crafted a funny, smart and devastatingly acerbic parable about the bleak legacy of our species.

Opening with a simultaneously laid-back and pell-mell creation of the universe, McDonald's portrays a Lebowskiesque creator who eventually throws up his hands and turns his back on mankind's apparent casual abuse of the gift of sentience.

His 14-year-old revolutionary, Shane Rivera, captures the earnest practicality of a child possessed of a glimmer of awareness of his own power, and the total enthusiasm of a young man possessed of a just mission: to save the world. It makes the final scene cut all the deeper.

If we don't change our legacy-in-the-making, we might as well spend our time searching for the perfect head of cabbage. JOHN SADOWAY

All shows were reviewed at the Toronto Fringe Festival, which ran July 2 to 14. To read more reviews at the CBC's website, scan the QR code below.



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Investigation ordered as RCMP officer shoots man at kids' ball game

Manitoba Premier Greg Selinger has ordered an independent investigation into the shooting of a man by the RCMP, in full view of children and families at a baseball tournament on a northern First Nation.

The shooting occurred Sunday afternoon on the Norway House Cree Nation reserve. The RCMP say an officer discharged a firearm and a Norway House resident suffered non-life-threatening injuries.

The Mounties haven't commented further except to confirm an investigation is ongoing.

Chief Ron Evans says

young people who witnessed the shooting are traumatized.

"It's something that they only see on TV, not in real life," he said Monday. "They saw all of it ... Some of the parents told me that their kids had a hard time sleeping. I imagine most of the kids are that way."

The community of about 8,000, which is about 450 kilometres north of Winnipeg, immediately dispatched councillors to help those upset by what they had witnessed.

Evans said about 200 people were watching two baseball games involving

12-year-olds and 17-year-olds at the time of the shooting. RCMP officers recognized a suspect there and began chasing him, Evans said.

When he was told to stop, the man kept walking, but put his hands up and declared he had no weapons, the chief said.

"They shot him anyway. The member fired four times and I think he hit him twice in the shoulder, in front of all these kids."

"There's absolutely no reason for that to happen the way it happened. It was poor judgment on the part of the officer that fired the shots."

THE CANADIAN PRESS



PC leader Brian Pallister speaks to media on Monday. SHANE GIBSON/METRO

PST battle going back to court?

PCs may appeal.
NDP could ask court to make Tories pay some legal costs

The legal battle over Manitoba's sales tax increase appears set to continue, with the NDP government and Tory Opposition leaving the door open to more court action.

Progressive Conservative Leader Brian Pallister had not yet fully read the 15-page court ruling, issued last Friday, which upheld the tax hike. He said an appeal is possible.

"Until I've had a chance to meet with our legal counsel, I won't make a definitive statement on whether we won't appeal," Pallister said Monday.

The province, meanwhile,

said it might ask the court to order the Tories to pay some of the government's legal costs in the court battle.

"I think that if a political party decides to use the courts to engage in political discussion when they should use the legislature, I think they should have to pay for some of that time," said Finance Minister Jennifer Howard.

The Tories have spent much of the past 14 months fighting the government's decision to boost the sales tax to eight per cent from seven. They stalled proceedings in the legislature and delayed passage of the budget.

Earlier this year, the Tories launched a lawsuit asking the Court of Queen's Bench to reverse the tax hike. They pointed to a section of the province's balanced budget

law that required a referendum on any sales tax increase before the increase could be put before the legislature. The government eliminated the referendum requirement at the same time as it increased the tax.

Justice Kenneth Hanssen rejected the Tory argument. He said governments have the "constitutional authority" to make and change their own laws.

The government called the lawsuit a baseless political stunt. Still, it hired outside lawyers to work alongside government counsel, and racked up more than \$150,000 in costs.

Pallister, whose party used its own funds for the lawsuit, said he did not regret taking the matter to court.

THE CANADIAN PRESS



This tree's given all she could

The Assiniboine Park Conservancy said Monday it will be cutting down the popular 'Grandma Elm' tree near the footbridge after it tested positive for Dutch Elm Disease earlier this year. COURTESY ASSINIBOINE PARK CONSERVANCY

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Suspect called 'baby killer' as Saunders hearing begins

Halifax. Father of slain woman says accused should face charges of 'double murder' since daughter was pregnant

The father of Halifax murder victim Loretta Saunders says the Canadian justice system should recognize his daughter was pregnant at the time of her murder and be able to lay charges in the baby's death as well.

Loretta was in the first trimester of her pregnancy when she was murdered Feb. 13. Her body was discovered two weeks later on the Trans-Canada Highway in Moncton.

"It's a human being, a living human being, and I think the courts should recognize this," Clayton Saunders told reporters outside provincial court on Monday, the first day of the preliminary inquiry. "They should be charged with a double murder ... because she was going to have a baby."

Blake Leggette, 26, and his girlfriend Victoria Henneberry, 28, are charged with first-degree murder. They were subletting an apartment from Loretta and apparently owed her money.

Leggette appeared in court with a closely shaved head and short chin beard. During the first witnesses testimony, he mostly looked straight ahead without showing emotion. At one point he held his head in his hands.

Henneberry also mostly sat looking straight ahead, but at one point tucked her knee up to her chest and cradled her face in her arms.

"Baby killer" was shouted at Leggette as he was taken into the courthouse. Sobs could be heard from the people in the gallery and several people left the courtroom during the witness's testimony.

"I'm not in court," said Clayton Saunders. "I don't think I'll be able to handle it because the people coming out are saying it's really hard."



Family members of Loretta Saunders leave the courtroom during the first day of a preliminary hearing at Halifax Provincial Court. JEFF HARPER/METRO IN HALIFAX

The Crown is prepared to call 15 witnesses to the stand, including police officers and Loretta's mother, brother and sister.

"We have a realistic prospect of conviction and we intend on prosecuting these individuals with the evidence we have," said Crown attor-

ney Christine Driscoll. "At any point, if defence has anything they want to bring and talk to us, we're always open to discuss with them."

The court has set aside 4 1/2 days for the trial, with an additional day booked on Aug. 1.

DESIREE FINHERT/FOR METRO IN HALIFAX

Michigan

Black-and-white is the new orange

A Michigan sheriff says he's trading orange jumpsuits for black-and-white stripes for his jail inmates, in part due to pop culture.

Saginaw County Sheriff William Federspiel says that all-orange jumpsuits are increasingly viewed as fashionable, as they're seen on TV in places such as the Netflix prison show Orange Is the New Black.

Federspiel says "some people think it's cool to look like an inmate of the Saginaw County Jail with wearing all orange jumpsuits out at the mall or in public." He says inmates sometimes work in public, and he doesn't want there to be any confusion.

THE ASSOCIATED PRESS



Inmates at the Saginaw County Jail wear their new jumpsuits Friday. SAGINAW NEWS/THE ASSOCIATED PRESS

Quebec

Montreal-area mayor dies after wasp attack

The mayor of a Montreal-area community has died after being stung by wasps.

Municipal authorities in La Prairie say Mayor Lucie F. Roussel passed away in hospital on Sunday.

A spokeswoman for the town said Roussel, 51, was not allergic to wasp stings.

"She was stung on several parts of her legs — about 15 times, from what we think," Chantal Charron said Monday.

"She was overcome by the number of stings. When the ambulance technicians arrived, they tried to give her (an adrenaline injection) but they couldn't save her."

Jean Bergeron, the town's director-general, said he was in a "state of shock."

"Losing someone in such a way is difficult," he said. "It's traumatic."

Flags on municipal buildings in La Prairie, just south of Montreal, flew at half-mast on Monday.

THE CANADIAN PRESS

'Illegitimate expenses.' RCMP say Duffy used tax money for personal travel

The RCMP has provided fresh details of its 31 fraud charges against Sen. Mike Duffy, accusing him of charging taxpayers for personal travel to funerals and providing payments for "illegitimate expenses" to four people.

A new court filing alleges "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

Duffy is accused of fraudulently awarding a \$65,000 contract to his longtime friend Gerald Donohue. The RCMP allege that Donohue, in turn, paid some of that money to three other people, including a personal trainer.

Donohue has already told investigators that he did "no tangible work" for the money, the RCMP has said.

The court documents allege that Duffy filed eight separate expense claims that the RCMP says involved personal or partisan travel. The claims were filed from June 2009 to September 2012.

The RCMP announced last week that it was charging Duffy with 31 criminal counts related



Mike Duffy
FRED CHARTRAND/THE CANADIAN PRESS FILE

to his expense claims, accusing him of mispending more than \$200,000.

The charges stem from the disgraced senator's housing and travel expenses, and a \$90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper.

Duffy has denied any criminal wrongdoing. He could not be immediately reached for comment today on the new documents.

The Conservative-appointed senator will appear in court on Sept. 16. THE CANADIAN PRESS

Bring us your water

Outlaws issue death threats amid drought

Armed bandits in drought-stricken northern India are threatening to kill hundreds of villagers unless they deliver 35 buckets of water each day to the outlaws in their rural hideouts.

Since the threats were delivered last week, 28 villages have been obeying the order, taking turns handing over what the bandits are calling a daily water tax, police said Monday.

"Water itself is very scarce in this region. Villagers can hardly meet their demand," officer Suresh Kumar Singh said by telephone from the city of Banda.

Last week, the bandits sent messengers to tell people in nearby villages they would be shot dead unless they provided the water, said Bagwat Prasad, from the local charity group that works on water issues.

Afraid of the bandits, who are from the Balkharia gang, villagers last Wednesday began hauling water into the unruly region where the gang is believed to have hideouts, Prasad said.

"Any request from Balkharia gang members is an order," said Prasad. "No one can dare to say no."

Police said the water supply scheme could give them an opportunity to hunt down the bandits.

THE ASSOCIATED PRESS



This mural on a wall in Johannesburg, South Africa calls for an end to rhino poaching. DENIS FARRELL/THE ASSOCIATED PRESS

Reserve crashes poaching party

Conservation efforts. South African park plans to move select rhinos to protect them from poachers

Kruger National Park in South Africa is considering a plan to "spread the risk" by moving some rhinos out of the flagship wildlife reserve to thwart further poaching.

The park's goal is to move its rhinoceroses to other game reserves, as Kruger park is heavily targeted by poachers.

No decision has been made on the proposal and there is no guarantee that other parks are safe.

Many poachers cross into Kruger from neighbouring Mozambique, and they are often able to elude ranger teams that operate with limited aerial surveillance across the 19,485-square-kilometre park.

About 560 rhinos have been poached in South Africa in 2014, and well over half were killed in Kruger park in the northeastern part of the country, the national parks service said.

About 160 suspected poach-

ers have been arrested so far this year, while five poachers, including one who was injured in a firefight with an anti-poaching patrol, were arrested at a game reserve in KwaZulu-Natal, a South African news agency quoted police as saying Sunday.

South Africa, which has 70 per cent of the world's rhinos, lost a record 1,004 of the animals to poachers in 2013, according to government figures. Conservationists warn that a tipping point could come as soon as next year when rhino deaths exceed births.

THE ASSOCIATED PRESS

Coastal disaster. Typhoon Rammasun death toll eclipses 130

A typhoon that barrelled into north Vietnam killed at least 11 people and left several missing, while China's death toll from the strongest storm to hit the country's southern border in four decades rose to 26, destroying tens of thousands of homes.

Typhoon Rammasun made landfall in Vietnam over the weekend, triggering heavy floods, destroying homes and crops, and blocking roads with landslides, said the Vietnam News, an English-language daily published by the offi-

cial Vietnam News Agency.

The paper's website carried photos that showed streets and local markets in the city of Lang Son and elsewhere submerged in water, with residents floating on rubber tires or rafts or huddling under makeshift tents.

It was the strongest typhoon to hit China's southern region in 41 years.

The typhoon also wreaked havoc in the northern Philippines last week, leaving 94 people dead.

THE ASSOCIATED PRESS

Michigan couple slain. Craigslist ad connected to double murder: Police

A pregnant teenager was strangled and her boyfriend was decapitated after apparently connecting with a stranger online for a sexual encounter, police said Monday.

The police chief in the Michigan town of Wyoming said that 18-year-old Brooke Slocum, who was eight months pregnant, was held captive before her death.

Her body was found Thursday in the trunk of the suspect's car.

Chief James Carmody said her boyfriend, Charles Oppenheer, 25, was found

decapitated in a park a day earlier. His head has not been found.

Emails indicate that Slocum connected with the suspect, 31-year-old Brady Oestrike, through an ad on Craigslist and arranged a sexual encounter in which Oppenheer would be present, according to investigators.

Police got a search warrant for Oestrike's home, and he fled. He fatally shot himself after crashing his car, after which police found Slocum's body.

THE ASSOCIATED PRESS

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Rebels cave to pressure and release plane-crash bodies

International outcry.
Anger in West mounts at rebels and presumed allies in Moscow

Bowing to international pressure, pro-Moscow separatists released a train packed with bodies and handed over the black boxes from the downed Malaysia Airlines plane, four days after it plunged into rebel-held eastern Ukraine.

With body parts decaying in sweltering heat and signs that evidence at the crash site was mishandled, anger in Western capitals has mounted at the rebels and their allies in Moscow. Their reluctant co-operation will soothe mourning families and help investigators, but may do little to reconcile the East-West powers struggling over Ukraine's future.

Russia's Defence Ministry said Monday it saw no evidence a missile was fired and denied

involvement in the downing of Flight 17 — and suggested the Ukrainian military was at fault. President Vladimir Putin spoke out but showed no sign of abandoning the separatists as fighting flared anew near the site of the crash.

U. S. President Barack Obama accused the rebels of tampering with evidence and insulting victims' families, warning of new sanctions. Europeans will consider their own sanctions Tuesday.

The bodies of the 298 victims, most from the Netherlands, have become a part of the conflict in Ukraine because they could hold evidence of what brought the plane down on July 17 as it was flying from Amsterdam to Kuala Lumpur.

Grief turned to anger as families begged to get the bodies of their loved ones back, while the separatists held on to the remains.

"Bodies are just lying there for three days in the hot sun. There are people who have this on their conscience," said



Deputy head of the OSCE mission to Ukraine Alexander Hug, background centre, accompanied by members of Netherlands' National Forensic Investigations Team guarded by armed pro-Russian fighters, walk on the platform Monday as a refrigerated train loaded with bodies of the passengers departs the station in Torez, eastern Ukraine, 15 kilometres from the crash site of Malaysia Airlines Flight 17. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Silene Fredriksz-Hoogzand, whose son, Bryce, and his girlfriend Daisy Oehlers died on their way to a vacation in

Bali, in an interview with The Associated Press in the Netherlands. "When I am in my bed at night, I see my son lying

on the ground ... They have to come home, not only those two. Everybody has to come home." THE ASSOCIATED PRESS

Quoted



"The Kremlin may not have pulled the trigger but it certainly loaded the gun and ... put it in the murderer's hand. Russia is not fooling anyone."

Foreign Affairs Minister John Baird, announcing Canada's intention to slap sanctions over Russia's continuing military actions against Ukraine. Russia has denied any involvement in the downing of MH17 and Russian President Vladimir Putin has said the disaster should not be used to further political goals in eastern Ukraine. But Baird said no one believes what Russia has to say about the incident, and that Putin bears ultimate responsibility.

Gynecologist filmed pelvic exams, Johns Hopkins to pay out \$190M

Johns Hopkins Health System in Baltimore will pay \$190 million to more than 8,000 women whose bodies may have been videotaped or photographed by a Baltimore gynecologist who used a pen-like camera during pelvic exams.

Dr. Nikita Levy was fired in February 2013, days after a co-worker alerted hospital authorities about her suspicions and he was forced to turn over the camera. He committed suicide 10 days later.

Investigators discovered roughly 1,200 videos and 140 images stored on a series of servers in his home.

"All of these women were brutalized by this," said the women's lead attorney, Jonathan Schochor.

"Some of these women needed counselling, they were sleepless, they were dysfunctional in the workplace, they were dysfunctional at home, they were dysfunctional with their



This photo taken July 8, 2014, shows the East Baltimore Medical Center, a community practice affiliated with Johns Hopkins Hospital, in Baltimore. THE ASSOCIATED PRESS

mates. This breach of trust, this betrayal — this is how they felt."

The settlement is one of the largest settlements on record in the U.S. involving sexual misconduct by a physician, and all but closes a case that never produced criminal charges but threat-

ened the reputation of one of the world's leading medical institutions.

Lawyers said thousands of women were traumatized, even though their faces were not visible in the images and it could not be established with certainty which patients were recorded or how many.

Johns Hopkins said insurance will cover the settlement, which "properly balances the concerns of thousands of plaintiffs with obligations the Health System has to provide ongoing and superior care to the community."

"It is our hope that this settlement — and findings by law enforcement that images were not shared — helps those affected achieve a measure of closure," the hospital statement said, adding that "one individual does not define Johns Hopkins."

Hospital authorities called Baltimore police just before Levy's firing. Police and federal investigators said they found no evidence he shared the material with others.

A class-action lawsuit on behalf of more than 8,000 of his patients who contacted lawyers was brought against Johns Hopkins last fall, alleging the hospital should have known what he was up to. THE ASSOCIATED PRESS

Truce elusive. Israel, Hamas stick to positions and fighting intensifies

The top Hamas leader in the Gaza Strip signalled Monday that the Islamic militant group will not agree to an unconditional ceasefire with Israel, while Israel's defence minister pledged to keep fighting "as long as necessary" — raising new doubt about the highest-level mediation mission in two weeks.

U.N. chief Ban Ki-moon and U.S. Secretary of State John Kerry were heading to Cairo on

Monday to try to end the deadly conflict between Israel and Gaza's Hamas rulers in just over five years.

Meanwhile, cross-border fighting continued unabated, with Israeli strikes leaving entire families buried under rubble and Hamas militants firing more than 50 rockets and trying to sneak into Israel through two tunnels, the latest in a series of such attempts.

THE ASSOCIATED PRESS

Florida town shocked

Police officers tied to KKK: Report

Residents of Fruitland Park, Fla., are stunned by an investigative report linking two city police officers with the Ku Klux Klan, the secret hate society that once was violently active in the area.

Violence against African-Americans permeated the

area more than 60 years ago, when the place was more rural and the main industry was citrus.

These days, the town of fewer than 5,000 residents has been infused by thousands of wealthier, more cosmopolitan retirees.

Those who live in the community, which is less than 10 per cent black, have reacted with shock and disgust, the mayor said.

THE ASSOCIATED PRESS



A tourist examines shark-themed clothing at the Chatham Clothing Bar in Chatham, Mass. STEVEN SENNE/THE ASSOCIATED PRESS FILE

Shark! There's big money in the water

Duuun dun duuun dun dun dun. Spotting of great white sharks off Cape Cod means entrepreneurs cash in on shark-related merch

Its reputation as a man-eating predator aside, the great white shark is emerging as a boon for tourism on Cape Cod, the Massachusetts peninsula popular among beach combers. Unlike the classic

thriller *Jaws*, in which one of the animals terrorizes a small island, the sharks that have been spotted in growing numbers are stirring more curiosity than fear — and a buying frenzy for shark-related merchandise.

Shark T-shirts are everywhere. *Jaws* has been playing in local movie theatres and boats are taking more tourists out to see the huge seal population that keeps the sharks coming. Harbourmasters have issued warnings but — unlike the sharks in the movies — the

great whites generally are not seen as a threat to swimmers.

Among the entrepreneurs is Justin Labdon, owner of the Cape Cod Beach Chair Company, which began selling shark-themed T-shirts after customers who were renting paddle boards and kayaks began asking whether it was safe to go to sea.

The T-shirts, hoodies, hats, belts, dog collars and other accessories bear the iconic, torpedo-shaped image of great whites.

THE ASSOCIATED PRESS

Staycations hot this summer, survey says

A new survey says nearly one quarter of Canadians won't be travelling this summer, with budget concerns keeping them close to home.

The survey by digital offers website RetailMeNot.ca says the high price of gas and accommodations are the top reasons for keeping 23 per cent of Canadians at home, followed by high air fares.

Just seven per cent say they'll be travelling overseas this summer.

And 28 per cent plan to limit their spending on summer travel and transportation to \$100 or less.

But the survey found that Canadians will spend \$100 to \$300 on alcohol during their summer holiday, while 60 per cent will spend under



Lounging in the backyard is as good as going to Paris, right? GETTY IMAGES

\$200 on food.

Canadians do appear to like camping, regardless of how much money they make, with 40 per cent of

those with an income of \$100,000 a year or more saying they are heading to the woods this summer.

Just 16 per cent of consumers are using coupon sites to save money on things like rental cars, hotels or airfare, according to the survey.

The online pool was conducted on July 2 and 3 among 1,004 adult Canadians who are Angus Reid Forum panelists.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population like traditional telephone polls.

THE CANADIAN PRESS

Montreal

Some Jacob stores may live on

Insolvent womenswear retailer Jacob Inc. has been given another month to develop a restructuring plan that could keep some of its stores open.

"All the details regarding the number and location of stores that will remain open are still being discussed so I am unable to provide more details at the moment," a spokeswoman said via email.

THE CANADIAN PRESS

Report

Supplier in China sold expired meat to McD's, KFC

McDonald's and KFC in China faced a new food safety scare Monday after a Shanghai television station reported a supplier sold them expired beef and chicken.

The companies said they immediately stopped using meat from the supplier, Hushi Food Co., Ltd.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
93.20 (+0.06)

TSX
15,249.99 (-16.58)

OIL
\$104.59 US (+\$1.46)

GOLD
\$1,313.90 US (+\$4.50)

Natural gas: \$3.85 US (-\$0.03)
Dow Jones: 17,051.73 (-48.45)

If it has less calories

Enjoy it. Recycle it.

RECYCLE EVERYWHERE .CA

SHOULD YOUR FIRST DATE BE YOUR LAST?

First dates are always nerve-racking; they have all the anxiety of a big job interview but with a lot more sexual tension. It's exhausting just thinking about all of the effort involved when it comes to finding someone to go out with you, pick an appropriate venue, decide on a nice outfit that isn't trying too hard, and — perhaps the biggest challenge of all — figure out how to carry a conversation with a complete stranger.

George Moufarrej, a leading relationship expert and author of the book *Sexual Euphoria*, says most of us know what not to say on a first date, but coming up with a variety of suitable talking points is a bit of a challenge.

We all know what topics are off limits — your crazy ex, overbearing mother, irritating foot fungus — but what's the best way to fill the conversational void and avoid those excruciatingly awkward silences?

The best way to get to know someone on a first date is to talk



SHE SAYS

Jessica Napier

metronews.ca

about things that you know a lot about, says Moufarrej. "There's a big chance that your date might have the same interests or hobbies as you. Your goal should be to make a connection with your date on at least one topic."

But while bonding over a mutual love of long-distance running or ramen noodles might keep the dinner dialogue moving along, it's not necessarily going to help you figure out if your date is someone worth pursuing after the cheque arrives. How do you decide if he or she is just a good friend, a fun fling or a potential soul mate?

Moufarrej says there are three thought-provoking questions everyone should ask on a first meeting, in order to assess romantic compatibility and determine whether there should be a second date.

What sort of relationship are you looking for? You probably shouldn't discuss how many children you want over appe-

tizers, but it is important to clarify your relationship expectations right away in order to avoid disappointment down the road. If your dinner date is interested in hooking up, and you're hoping to find a monogamous mate for a long-term commitment, then clearly you aren't an ideal match.

What qualities do you look for in a significant other? Are you searching for a feisty, independent partner who challenges you, or do you need a nurturing companion who offers unwavering support? Asking your date about what characteristics he or she likes and dislikes in a partner will help gain some insight into the type of person they're looking for and whether or not you're the right fit.

What are your goals in life right now? Asking about short- and long-term goals can help you get to know your date on a deeper level and potentially uncover some shared interests and priorities (or some major red flags). Find out about his or her aspirations for the future and consider whether those align with your own ambitions.

BY ALL GREENS NECESSARY



Engineer Daniel Schubert holds lettuce at the German Aerospace Center on Monday in Bremen, Germany.
DAVID HECKER/GETTY IMAGES

Recycled urine could lettuce grow food on Mars

Astronauts on the moon and Mars could soon have fresh food to eat, thanks to a radical new space greenhouse.

German researchers are testing the system, which uses recycled urine to manufacture fertilizer.

The system is being developed at the German Aerospace Center in Bremen, and is called EDEN (Evolution & Design of Environmentally-closed Nutrition sources).

Funded by the European space Agency, the greenhouses

This plant is my only pal

"It will also enable us to study the psychological influence of plants on human isolation."

DLR research engineer Lucie Poulet, whose team will test a greenhouse module at the Neumayer Station III in Antarctica, where the winter team stays in total isolation for nine months in a row in a hostile environment in 2016/2017

will contain combined life-support systems which use recycled urine to manufacture fertilizer, helping to grow

vegetables for a lunar and Mars environment.

This research initiative focuses on bioregenerative life support systems, especially greenhouse modules and technologies for future human habitats in remote locations in space (the Moon, Mars) and on Earth (Antarctica), the team say.

"Naturally, space travel is interesting in itself, but it is equally important for us to be involved in this project in order to demonstrate that our technology is the light system of choice for plant science research," said Christopher Steele of Heliospectra, which manufactures the LED lights in the system. **DAILYMAIL.CO.UK**

METRO AUGMENTED REALITY

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IMAGE TO SCAN



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METRO AR IMAGE
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In this issue, you can find AR enhancements on page 9 in Scene and page 13 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Why can't the future be like this?



ANDREW FIFE
andrew.fife@metronews.ca

Internet advertising. The worst, right? Auto-playing videos. Wildly varying volumes. Weeks-long relationships with creepily intimate sidebar ads. But the bills must be paid, so the ads aren't going anywhere.

But the experience doesn't have to be so grating, and we once again turn our eyes to Japan to teach us what's possible. Granted, this chewing gum commercial wasn't designed for the web, but isn't the model there? Utterly bizarre, a little frantic and short enough to be an Instagram post. Oh, yeah... there's a cat, too. In a just world, this would be the future. (Lotte/YouTube)



SCREENGRAB

Weird Al is Mandatory Fun of the moment

Parody album debuts at No. 1. Comedian conquers the charts with eight music videos in eight days

Attention pop stars: If “Weird Al” Yankovic shows up at your concert or has tracked down your personal email address, you’re likely his next parody conquest.

Such was the case for artists like Pharrell and Iggy Azalea, who are covered by Yankovic in his latest album, *Mandatory Fun*.

For his 14th studio effort, released last week, Yankovic had his heart set on Williams’ No. 1 smash *Happy*. When he didn’t hear back from Pharrell’s camp, he decided to go straight to the source.

“I somehow got Pharrell’s home email address — I won’t say how — and I emailed him and asked if I could do the parody,” recalled the 54-year-old comedian. “He couldn’t have been nicer and he said he was honoured to have me do the parody.”

Sometimes a face-to-face plea was necessary. Yankovic flew to Denver and waited backstage at Azalea’s concert to get permission to use her summer hit *Fancy*.

“I talked to her as she was literally walking offstage. I introduced myself, ‘Hi. I’m Weird Al Yankovic and I would love to do a parody of *Fancy*,’ he said. “The next morning I was in the studio recording.”



“Weird Al” Yankovic CASEY CURRY/INVISION/THE ASSOCIATED PRESS

Yankovic’s efforts paid off: Billboard reported that *Mandatory Fun* debuted at No. 1 — his first — this week with more than 80,000 units sold. That’s almost double the amount his last album, *Alpocalypse*, sold in its debut week in 2011.

In a recent interview, Yankovic discussed the surprise success of his new album —

which also features covers of Robin Thicke’s *Blurred Lines* and Lorde’s *Royals* — and the accompanying music video-turned-viral hits.

Can you believe the album’s initial success?

This has been an amazing week. I can’t even tell you. I have been doing roughly the same thing for many, many

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear Weird Al Yankovic skew Canadian Robin Thicke’s *Blurred Lines* with his grammar-based take called *Word Crimes!*



→ See the full instructions on Metro’s Voices page.

years, and this is the best week of my life in terms of, like, the response from people. It’s just insane and it’s extremely gratifying. It’s hard for me to wrap my head around (it).

Unlike other parodies, you’ve never gone the mean-spirited route.

I’m a fan like everybody else. When I do my parodies it’s not meant to mock these people. It’s not meant to belittle them or make them look bad. It’s an homage. ... I don’t think you need to be hurtful to be funny.

Who’s next on your parody wish list?

Even if I knew I couldn’t tell you. But after I’ve mastered an album and it’s done and in the can I really shut my brain off. I don’t think about parodies for a while.

What about Beyoncé? You have yet to cover her music.

She’s on the list. I’ll get there eventually because then they will say, ‘Oh you did a Beyoncé.’

THE ASSOCIATED PRESS

DVD review



Transcendence

Director. Wally Pfister

Stars. Johnny Depp, Morgan Freeman

What Wally Pfister’s *Transcendence* has going for it is evolution rather than revolution: The real and advancing dread that we’re slowly losing our humanity as we embrace all things plugged-in and online. The dawn of sentient computers — the “transcendence” of the title — may truly be upon us, and it’s not a good feeling. So frets first-time director Pfister, best known as Christopher Nolan’s director of photography. He’s assembled a good cast, a few strong images and a workmanlike script to craft a cautionary tale that is at once visionary and myopic. Johnny Depp is Dr. Will Caster, a leading researcher in artificial intelligence who is close to making a breakthrough. Morgan Freeman and Paul Bettany also star. An ambush by an antitechnology group sets in motion events that will not only drastically change Caster’s existence, but that of everybody on Earth. *Transcendence* follows such a predictable path, it’s almost as if — shudder — it had been made by very thoughtful robots.

PETER HOWELL

Not just a Piper dream

Orange’s Larry is the new backstory

In a 10,000-word online autobiography, Larry Smith, the inspiration for the character Larry in *Orange Is the New Black*, describes the strange experience of seeing his life with the real-life Piper acted out on screen. “The true story that began for Piper in 1992 and for me six years later when she told me, ‘We need to talk,’ will always be stranger than fiction.”

THE CANADIAN PRESS

Cast your Netflix wide

A nice Little Pony earner of a job

It sounds like a dream job to many: official Netflix binge watcher. Time magazine talks to Greg Harty, who gets paid to watch movies and TV shows on Netflix to help create recommendations for users. “I come from a blue collar family and watched both of my parents bust their humps every day,” Harty says. “I’m not going to complain because I have to watch *My Little Pony*.”

THE CANADIAN PRESS

Fifty Shades of Grey. Sons of Anarchy star ‘excited’ to see film he had to quit



Charlie Hunnam RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

The first trailer for the *Fifty Shades of Grey* movie will be released this week and the original Christian Grey, Charlie Hunnam, says he can’t wait for the finished product.

Speaking Sunday at a Fox event as part of the Television Critics Association press tour, the actor said he still believes in the film although he’s no longer a part of it.

“I’m just really excited to see it. I was just really, really invested and wanted to work with (director) Sam (Taylor-Johnson) and play that charac-

ter. I’m really, really curious.”

Hunnam went on to say it’s not fair to dismiss author E.L. James’ writing as so-called “mommy porn.”

“I think people really do that book a disservice when they reduce it to that type of talk,” he said. “What (E.L. James) actually created is a really sophisticated dynamic and presented it in a package which was accessible to people who normally would be terrified of that subject ... Actually, what she did was pretty brilliant.”

THE ASSOCIATED PRESS

2 SCENE



Angelina Jolie ALL PHOTOS: GETTY IMAGES

Jolie and Pitt to reprise lover roles in a romance penned by Jolie

Angelina Jolie's second film as a director, *Unbroken*, is slated for Oscar season this year, but that's so far away, so let's all talk about her third film as a director instead, even though it doesn't exist yet. Jolie will direct herself in a romantic drama called *By the Sea* from a script that she wrote.

Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since Mr. and Mrs. Smith, and it provides for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

No peace for Gomez after her plea for Gaza prayers



NED EHRBAR
Metro World News in Hollywood

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of the Israel-Palestine conflict debate. Easy there, Gomez. The response from her followers



was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

Forget casting calls, NPH just tweets for roles

Twitter is quickly replacing all forms of communication, including personal correspondence. Case in point: Neil Patrick Harris says he recently wrote a letter to American Horror Story creator Ryan Murphy expressing his interest in being in the hit series. Murphy's response, though, came not in a letter but via Twitter: "(O) f course you can be on Freak Show! I have a role I think



Neil Patrick Harris

you'd love." Maybe Harris will get back to him via Instagram.

Twitter



@kylieinogogue
WOW WOW WOW #WOW!!!



@TomDaley1984
Scary to emergency land in RUS after recent events, yet no word on what problem is after hour surrounded by fire engines #VirginAtlantic



@kathygriffin
I taught Will Smith everything he knows

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BEING IN THE SUN WILL HELP CLEAR YOUR SKIN



FALSE

Sunlight doesn't help with acne, unfortunately. It covers and masks it, but that's only because you're more tanned and can't see the redness of your spots so much. Your skin may feel smoother, but that's probably because you're on holiday, eating better and relaxing; therefore less prone to the sort of breakouts a hectic city life would trigger.

GO TO THE SALON FOR A BASE TAN BEFORE YOUR HOLIDAY

NOT FALSE BUT NOT GOOD

I'll always be reluctant to recommend sunbeds because it gives the message that they're OK. The real problem is people who go on a beach holiday once a year, and lie out in the full sun for the entire week. The alternative is to sunbathe gradually — you'll have a more long-lasting tan.



IF YOU GET STUNG BY A JELLYFISH, PEE ON THE WOUND

FALSE

According to the British Red Cross, don't pee on a jellyfish sting. It may look cool in the movies and on TV (think Friends) but the reality is much different as there is no evidence that it helps with the sting.



YOU CAN GET A SUNBURN — ON YOUR EYES

TRUE



Looking directly into the sun can scorch your retina; you could even blind yourself. The quality of your sunglasses is really important: Don't buy cheap, crappy ones that don't have any UV protection whatsoever. Do buy an expensive pair.

YOU DON'T NEED TO WORRY ABOUT SUNSCREEN IF YOU'RE WEARING A HAT

FALSE

Light is reflected against surfaces: When you're on the beach, the sun's rays are being reflected off of the sand, and the water. A hat will protect you from the sun's rays going down, but not the ones reflected up. However big your brim, light is going to bounce straight up and hit your face.



10 SUMMER HEALTH MYTHS BUSTED

Dr. Christian Jessen, a celebrity health expert in London, lets Metro readers in on what to believe and what to ignore when it comes to all things summer

ROMINA MCGUINNESS, METRO WORLD NEWS IN LONDON

DO A CROSS ON A MOSQUITO BITE WITH THE EDGE OF YOUR NAIL

TRUE



Yes, it can make it less itchy. Saliva is another one — spit on the bite and rub. Otherwise, you just have to try really hard not to touch it. The more you scratch a mosquito bite, the more histamine — which is what causes the swelling and itching — is released.

THE DARKER YOUR SKIN, THE LOWER YOUR SPF

FALSE

The darker your skin the more natural melanin protection you have — yes. But whatever the colour of your skin, ultraviolet (UV) radiation is going to damage DNA, and cause premature ageing. Use the highest SPF you can get because by the time you've smeared it on and been for a swim, a factor 50 is more like a factor 30.



DISINFECT SMALL CUTS AND WOUNDS IN THE SEA

TRUE



Saltwater has great antibacterial properties: it's slightly anaesthetic, and antiseptic. That said, there is a lot of crap in the sea, so it depends where you are... But it's so salty that it's normally OK if you're dealing with a minor cut, or need to clean out something like an infected piercing.

SMOTHER YOURSELF IN TOOTHPASTE TO COOL YOUR SKIN AFTER A SUNBURN

FALSE

A sunburn is basically a delayed hypersensitivity reaction involving histamine; your skin has just been made raw and sensitive — do not go and put toothpaste — actually an irritant — on it. Take some anti-histamines — this won't help with any underlying sun damage, but it will help calm you down.



A GLASS OF ORANGE JUICE AND A BOWL OF CEREAL IS A REALLY HEALTHY BREAKFAST

TRUE

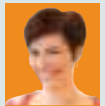
A bowl of cereal and a glass of orange juice is the perfect breakfast combination because the two enhance each other in terms of their nutrient content. Orange juice is high in vitamin C, and cereal is high in iron; only the body doesn't absorb iron very well from plant sources. Throw in some vitamin C, and suddenly you can absorb that iron.

3 TIME

One slurp and you'll never want to go back to the canned variety

Health Solutions

Show tomatoes of all sizes a little bit of love



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Tomato, to-mah-toe.

There is nothing like summer heat to make you blush ruby red. All tomatoes from heirloom and cherry to plum and beefsteak have their rightful place on the plate.

Brimming with vitamin C and lycopene, they are delicious sliced with a sprinkle of sea salt, but they are even better roasted.

When the crop gets too much, put your oven or barbecue to good use by turning this fruit into a sweet, soft spread. The larger and more watery varieties take longer to bake into a soft, pulpy condiment than the cherry varieties but the

method is still the same.

Place the tomatoes on a baking sheet, drizzle with extra virgin oil, sprinkle with salt and roast until they are smooth and brown. That's it! Mash the roasted tomatoes with a fork or slip off the skins and leave as is.

They store well in the fridge for up to a week and can be used as an addition to anything your palate desires. Try them as:

- flavouring base for pizza
- flavouring for soups and seafood chowders
- topping for pasta
- topping on grilled French or Italian bread, with capers, olives or mozzarella, for an appetizer
- sauce, when thinned with broth, with boneless chicken breast or grilled steak
- sauce for skillet-fried potatoes seasoned with rosemary
- sauce for brunch omelettes

You can't miss! If you want to bump it up even further, roast with whole garlic cloves and squeeze from the skins into a zestier goo.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
30 MINUTES

This recipe serves four. THERESA ALBERT

Roasted Tomato Soup. Whether you try this dish hot or cold, its richness will satisfy

THERESA ALBERT

myfriendinfood.com

This recipe freezes well and can be pulled into action in a snap for a quick summer meal.

All you need is a platter of cheese and some crusty bread.

Ingredients

- 8 medium plum tomatoes
- 1 tbsp extra virgin olive oil (and extra for frying)
- Pinch salt
- 1 head garlic
- 1 cup grated Parmesan cheese
- 1 onion, chopped
- 1 can refried beans
- 1 tsp dried oregano
- 1-3 cups chicken broth

This soup does just as well hot as it does cold; be brave and

add some hot sauce!

1. Preheat oven to 425 F. Place tomatoes on sheet pan lined with parchment and drizzle with oil and sprinkle with salt. Break garlic head into quarters and add to sheet. Place in oven and roast about 20 minutes.

2. Divide cheese into 4 piles on separate baking sheet and bake on top shelf until bubbling, 10 minutes. Let cool and crisp up.

3. Meanwhile, heat a skillet and add a little oil to fry onion.

Stir in beans and oregano.

4. When tomatoes are soft and starting to brown, allow to cool enough to handle then use paper towel to peel and discard thin, papery skin of tomatoes. Squeeze garlic from skins into blender with tomatoes, blend until smooth. Thin to desired thickness with broth.

5. Place 1/4 cup of beans in centre of bowl and pour tomato soup around, adding cheese crisp. **THERESA ALBERT FOUND AT MYFRIENDINFOOD.COM**



Sun-Dried Tomato Pasta Salad serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

You say tomato, I say pasta salad

Many pasta salads start with a great base — perfectly cooked pasta and crisp, fresh vegetables — but fall apart when it comes to the dressing. The perfect pasta salad dressing requires a balance of savoury and tangy with a hint of sweetness.

Start with oil-packed sun-dried tomatoes, which provide a deeply savoury flavour. For tang, puree the tomatoes with a mix of light mayonnaise and plain Greek yogurt. Tie everything together with a tablespoon of brown sugar.

1. Bring pot of salted water to a boil. Add pasta and cook according to package directions. Drain the pasta and spread on a rimmed baking sheet to cool.

2. While the pasta cooks, prepare the dressing. In a blender, combine the sun-dried tomatoes, vinegar, salt, pepper, brown sugar, mayonnaise and yogurt. Blend until smooth, then set aside.

3. In bowl, combine dressing with the cooled pasta, bell

pepper, fennel, mozzarella and herbs. For best flavour, cover

and chill for at least 2 hours before serving. **THE ASSOCIATED PRESS**

Ingredients

- 16 ounces dried small pasta (such as elbow or farfalle)
- 1/2 cup oil-packed sun-dried tomatoes, drained
- 1/3 cup white balsamic vinegar
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 tbsp packed light brown sugar
- 1/2 cup light mayonnaise
- 1/2 cup fat-free plain Greek yogurt
- 1 red bell pepper, cored and diced
- 1 fennel bulb, trimmed and diced
- 8 oz fresh mozzarella pearls
- 3 tbsp chopped fresh oregano
- 3 tbsp chopped fresh thyme
- 3 tbsp chopped fresh chives

Goldeyes vs. RedHawks

Weather forces doubleheader

Monday's Winnipeg Goldeyes game against the Fargo-Moorhead RedHawks was postponed due to rain. The game will be played as part of a doubleheader on Tuesday at Shaw Park, beginning at 5 p.m.

Both games are scheduled for seven innings.

METRO

Shakhtar Donetsk

Players refuse to return to Ukraine

Six South Americans — five Brazilians and one Argentine — have refused to return to Ukraine to play for their football club in the troubled city of Donetsk, risking possible fines and suspensions for breach of contract.

The players remained in France following Ukrainian league champion Shakhtar Donetsk's friendly against Lyon on Saturday. The Ukrainian military is attempting to retake Donetsk in the east of the country from pro-Russian rebels.

"If they don't come then in the first instance they will suffer," the club's billionaire owner, Rinat Akhmetov, said in a statement Monday on the Shakhtar website.

Refusing to fulfil their contracts could cost the players "tens of millions of euros" in compensation payments to the club, he warned.

The players did not return with the team for Tuesday's Ukrainian Super Cup against Dynamo Kyiv.

THE ASSOCIATED PRESS

Bombers stacked at QB, short on D

CFL. DB Johnny Sears and D-lineman Jason Vega doubtful to play Friday versus the Lions

The Winnipeg Blue Bombers were back on the field Monday for the first time since they fell 26-3 to the Edmonton Eskimos last week, their first loss of the season, and with five quarterbacks throwing balls it looked at times like training camp all over.

In some ways, maybe it is, because the Bombers know they have to find ways to correct flaws in their game that Mike Reilly and the Eskimos did a very handy job of exploiting.

"It might have been a little bit of a wake-up call," said Winnipeg quarterback Drew Willy, who was sacked five times as his offence was held to just one field goal.

"Obviously they are a good defence but we need to play better over all to give our defence a chance, because they played really well."

And a lot. Winnipeg's defence was on the field for more than 38 minutes, their offence just over 21 in the lopsided game that went bad early.

It isn't encouraging that two key starters on that defence could be missing in action when the Bombers visit the B.C. Lions on Friday. Coach Mike O'Shea says defensive back Johnny Sears and lineman Jason Vega are doubtful.



Blue Bombers QB Drew Willy was sacked five times by the Eskimos' defence last Thursday. JOHN WOODS/THE CANADIAN PRESS

QB count

5

With Mason Mills on Winnipeg's practice roster, plus backups Robert Marve and Brian Brohm, who have been around since rookie camp, the Bombers now have five pivots along with starter Drew Willy and recent addition Josh Portis.

He says Sears has a hamstring issue that will be evaluated later in the week, while

Vega has a few ailments that likely will keep him off the field.

The coach wasn't pushing the panic button, however.

"We've also got guys that have been practising very, very hard behind them," he said. "We're set up nicely depth-wise on defence, that's for sure."

On Monday, the Bombers also shuffled players on their offensive line and they got their newest quarterback, Josh Portis, into the game. He was

picked up last week from the Toronto Argonauts to add CFL experience to their backup pool.

"I've learned a lot, being in Toronto," Portis said after practice, praising Ricky Ray as a great teacher.

"The game is different up here," he added. "You've just got to pay attention to small details and the dimensions of the game, the angles of the game are a little different."

THE CANADIAN PRESS

Cochrane to lead push in the pool



Ryan Cochrane competes at an event in June. Scan the image with your Metro News app to view a gallery of Canada's welcome in Glasgow. GETTY IMAGES FILE

Ryan Cochrane says spending time in the classroom has helped him better understand what he should be doing in the pool. Applying those lessons in competition has been another matter entirely.

The two-time Olympic medallist recently finished his psychology degree at the University of Victoria, but transferring the knowledge gained from his studies to his swimming hasn't always been easy.

"It's really hard to change internal patterns and what you do on a daily basis," Cochrane said in a recent interview. "What I've learned in psych is

Show your support

The Commonwealth Games open Wednesday and run through Aug. 3

to try to be less neurotic and just let things happen and be OK with that process, but that's one of the hardest things."

Cochrane, who will lead Canada's swim team at the Commonwealth Games in Glasgow, added that one of the benefits of learning about the human mind has been the ability to take a step back from the

high-pressure environment of competition.

"As an athlete you want control over everything," he said. "You're trying to better every single precise detail and we're focusing on that one per cent of things we do wrong, but we're doing a lot of things right.... You just have to see the bigger picture sometimes."

Part of the bigger picture for Cochrane is that at 25, he's entering the twilight of his career.

Cochrane wants to leave his mark not only on the podium at the Glasgow Games, but also on his young teammates.

THE CANADIAN PRESS

4 SPORTS

Big Papi and his Red Sox take humbled Jays to woodshed



David Ortiz hits his second home run of the game in a 14-1 Red Sox win over the Blue Jays in Toronto on Monday. DARREN CALABRESE/THE CANADIAN PRESS

MLB. Ortiz belts a pair of homers in thorough spanking of East rival

Drew Hutchison's first 10 pitches were a thing of beauty. The rest of the Blue Jays' night was far from it.

After coasting through the first inning, Hutchison unravelled quickly as he and his Toronto teammates got shelled by the Boston Red Sox in a 14-1 loss Monday night at Rogers Centre.

Hutchison (6-9) allowed six earned runs in less than three innings of work, including a three-run homer by Red Sox shortstop Stephen Drew. The meek offence mustered only three hits, reliever Brad Mills gave up two home runs to David Ortiz and the Blue Jays (51-49) fell to 3-1/2 games back of the American League East-leading Baltimore Orioles, who played at the Los Angeles Angels later Monday night.

On Monday

14

Red Sox

1

Blue Jays

- With his two blasts Monday night, David Ortiz took sole possession of 36th place on baseball's career home run chart. He passed Boston great Carl Yastrzemski with his 453rd home run.

John Lackey allowed one run on two hits in seven innings to pick up the victory, his 11th of the season. Third baseman Juan Francisco drove in Toronto's only run off Lackey with a double in the third.

The Blue Jays' brief winning streak snapped at two with their 10th loss in the past 14 games.

THE CANADIAN PRESS

Argos' coach not about to 'press the panic button'



The Argonauts' Terrell Sinkfield is upended as he tries to catch a ball against the Redblacks' T.J. Hill in Ottawa on Friday. JUSTIN TANG/THE CANADIAN PRESS

It's amazing what a 48-hour cooling-off period can do for a man's mental state and his blood pressure.

Scott Milanovich looked pretty much at ease on Monday. But after practice, he took a jog around the York University field, doing several long, lonely laps. Who could blame him for trying to burn off some excess steam?

In the aftermath of a sloppy 18-17 loss to the Redblacks on Friday night in Ottawa, the head coach of the 1-3 Toronto Argonauts held

a media scrum, and he could hardly conceal his pain.

His body language — rubbing his nose, his ears, his face after almost every question, his eyes burning like pieces of coal — told you that he was trying hard to keep a lid on his emotions.

The time off had its salutary effects. Milanovich had a change of heart on Monday. Friday's loss wasn't the most disappointing of his three-year tenure in Toronto after all. It was the loss last season in the East Division final that

topped this one.

Hope is not lost.

"I won't press the panic button," Milanovich said. "Just because we lose a few games, I don't change what it is we do."

However, four games into the season, the grace period is over.

"This is the point in the season where it's time to go or we've got to find other alternatives," the coach said.

Toronto has scored only one touchdown in two games, that by Darvin Adams.

TORSTAR NEWS SERVICE

Ray off target

Quarterback Ricky Ray was often his own worst enemy with underthrown balls, bad timing and two interceptions, but his receivers dropped several passes too.

- The Argo receiving corps is at best an average CFL unit with the injuries to Chad Owens, Jason Barnes and Andre Durie.

Winter Games

Pyeongchang organizer resigns

The head of the organizing committee for the 2018 Winter Olympics in Pyeongchang resigned Monday, saying new leadership is needed to complete preparations for the games. Kim Jin-sun's tenure was scheduled to end in October 2015. THE ASSOCIATED PRESS

Stevie G

Gerrard's national team service over

England captain Steven Gerrard announced his retirement from international football on Monday to focus on playing for Liverpool.

The 34-year-old midfielder made 114 appearances for England over 14 years. THE ASSOCIATED PRESS



Steven Gerrard GETTY IMAGES

Johnny Football

Manziel's No. 2 is No. 1 in jersey sales

Second on Cleveland's depth chart, Johnny Manziel already tops one NFL list.

The popular rookie quarterback, who will begin his first training camp this week as a backup, had the league's top-selling jersey since April 1. The league said Monday that Manziel's No. 2



Johnny Manziel GETTY IMAGES

outsold all others from April 1 to July 17 on NFLShop.com. THE ASSOCIATED PRESS

Swaggy P

Lakers re-sign Nick Young

Free-agent guard Nick Young has signed a multi-year deal to stay with the Los Angeles Lakers.

Young averaged a career-high 17.9 points in his first season with the Lakers playing mostly off the bench. He started nine of 64 games. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

The Sun moves into the most creative and dynamic area of your chart today, so expect to be busy. No matter. You do your best work at high speed.

Taurus

April 21 - May 21

It may seem as if the whole world is against you but nothing could be further from the truth. It's just the Sun's move into a sensitive area of your chart. Lighten up!

Gemini

May 22 - June 21

The planets indicate it will pay you to stay right where you are. An exceptionally busy phase is about to begin, but you must be calm today.

Cancer

June 22 - July 23

The focus of your life is about to change quite dramatically but that's no bad thing. One thing that is certain to change is your money situation. No more spending sprees!

Leo

July 24 - Aug. 23

The Sun's move into your birth sign today kicks off a new solar year and inspires you to pursue excellence in everything you do. Be amazing.

Virgo

Aug. 24 - Sept. 23

The next few weeks won't always be easy. A lot will depend on your willingness to rise to challenges. Treat life as a game — a game to be won.

Libra

Sept. 24 - Oct. 23

You will get the chance to show what you can do today and you must seize it. If you allow such a golden opportunity to pass you by you may spend the remainder of the year kicking yourself.

Scorpio

Oct. 24 - Nov. 22

Your self-esteem will receive some kind of boost, making it easier for you to deal with important people. While the powers that be want you to succeed, you must want it too.

Sagittarius

Nov. 23 - Dec. 21

The Sun's change of signs today will broaden your horizons and make it easier to focus on the good things in life. Ideas that never meant much to you before will become a lot more important.

Capricorn

Dec. 22 - Jan. 20

From today, you will no longer be satisfied with superficial explanations. Dig beneath the surface. Look behind the scenes. The truth is out there.

Aquarius

Jan. 21 - Feb. 19

Find ways to co-operate with people you don't always get along with — your material wellbeing could depend on it.

Pisces

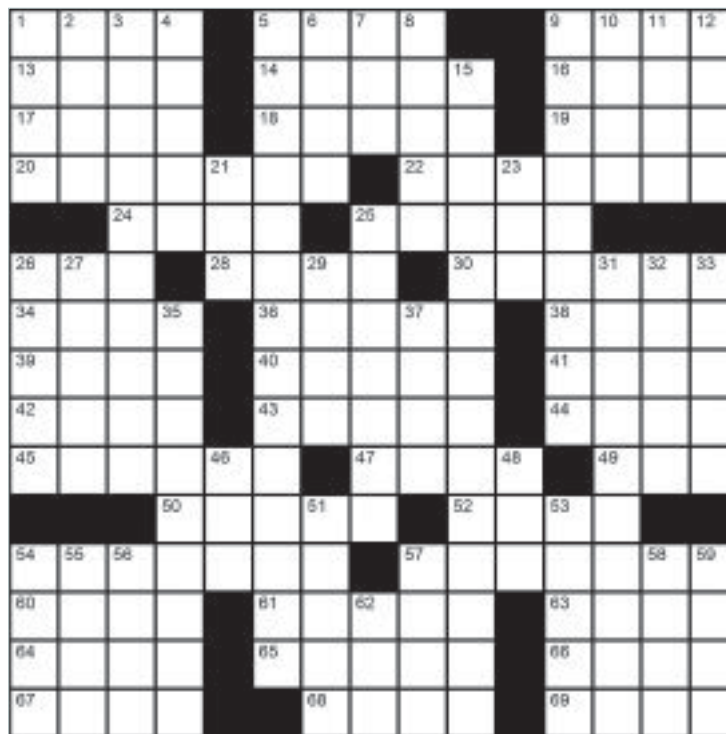
Feb. 20 - March 20

Something is sure to disrupt your routine today. Go with the flow — chances are it will take you somewhere good.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. German composer, Carl ___ (b.1895 - d.1982)
5. "___ expert but..."
9. ___ biscuits
13. Ring up
14. ___ in sight
16. Charge card, commonly
17. Old World buffalo
18. "___ is human..."
19. Green hue
20. First-string team member
22. "If you wear red tonight..." Beatles song: 3 wds.
24. Rupture
25. Breaks
26. Connector-to-the-Web [abbr.]
28. ___ dixit (Unproven claim)
30. Automaker of Japan
34. Table ___
36. Khloe K.'s ex
38. Some, in French: Quelques-___
39. Get ___ deal
40. Mindful
41. Boxing periods [abbr.]
42. Marvin Gaye's "___ Get a Witness"
43. Slangy "Certainly!"
44. 1960s French pop music style
45. From that point, archaically
47. Dorm type
49. Mr. Affleck



50. Quilt's one-of-some
52. Prefix to 'biography'
54. "Four Weddings and a ___" (1994)
57. CNN's "State of the Union with Candy ___"
60. Diva's vocal
61. Belonging to

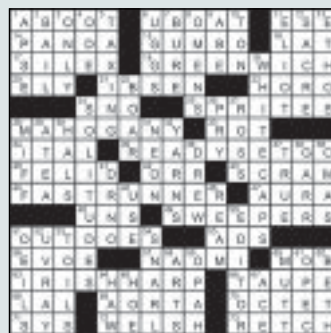
- Italy's capital
63. "Able was ___..." (Palindrome)
64. ___ Trucks
65. Icky-sounding plant
66. Blue-green
67. Antlered animals
68. Weight unit in China

69. Tree-like Tolkien creatures
- Down**
1. Wood sorrels
 2. Tirade
 3. Landing-on-water craft
 4. Canadian fashion magazine

5. "Calling Occupants of ___ Craft" by Klaatu
6. Peaty place
7. Bridal bio's 'born'
8. How deli sandwiches are often served: 2 wds.
9. Petitcodiac River village in New Brunswick

10. Exclude
11. Ms. Lovato
12. Cans
15. Pre-premiere performance: 2 wds.
21. ___ Chi
23. Beatles bassist before Paul
25. Defeated sports opponent's request!
26. "All I gotta do ___ naturally...": Country tune bit
27. Comedian Ms. Silverman
29. Vancouver-born actor, Devon ___
31. Queen Elizabeth I's mother: 2 wds.
32. Change hair colour again
33. Ex-___, ___ (Hillary Clinton, e.g.)
35. '90s series set in a fictional Pacific Northwest town starring Michael Ontkean: 2 wds.
37. ___ iris (Rainbow, in Spanish)
46. Train section
48. Couplet
51. Influence
53. Doubly
54. 1980 movie/song
55. ___ Mountains (Range in Russia)
56. Mr. Lachey
57. Ms. Winans of gospel music
58. 'E' in QED
59. Cravings
62. Beastie Boys member

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

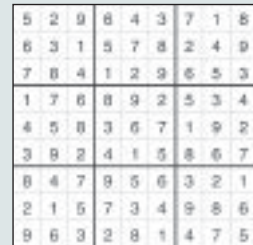


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Enjoy it.
Recycle it.



Kristine Carino a former hairstylist from the Winnipeg Square has relocated to The Heights Salon

Kristine Carino
@ The Heights Salon

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps

with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

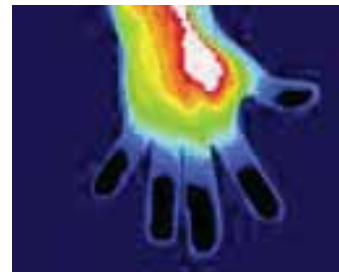
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

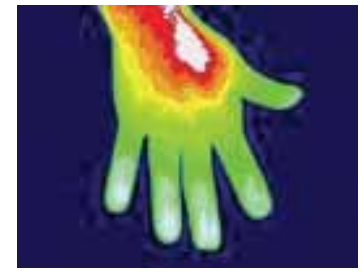
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months! Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
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